




## **What is the relationship between the intake of cooked dry beans and peas and selected health outcomes?**

### **Introduction to the Review**

Cooked dry beans and peas are significant protein sources in the American diet, and they also are important sources of other nutrients. The Committee considered studies published since 2000 that directly assessed the relationship between beans and peas intake and health; studies examining dietary patterns that were high in cooked dry beans and peas were considered as dietary patterns, not under the review for the individual food group. Outcomes considered in the review of cooked dry beans and peas were body weight, cardiovascular outcomes, and type 2 diabetes (T2D). Although “legumes” includes dry beans and peas as well as peanuts, peanuts were not considered in this question but are a part of the review of nuts under [Fatty Acids and Cholesterol](#). Additionally, articles examining soy protein were considered under the Subcommittee’s review of [vegetable protein](#). More information about cooked dry beans and peas can be found in [Part D, Section 2: Nutrient Adequacy](#) in the DGAC Report.

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### **Systematic Review Questions:**

-  [What is the relationship between the intake of cooked dry beans and peas and body weight? \(DGAC 2010\)](#)
-  [What is the relationship between the intake of cooked dry beans and peas and cardiovascular outcomes? \(DGAC 2010\)](#)
-  [What is the relationship between the intake of cooked dry beans and peas and type 2 diabetes? \(DGAC 2010\)](#)